

Tuolumne County Youth Football & Cheer

Football Handbook

We are happy to welcome all players and parents to this year's football season. We are hopeful that this will be the most exciting and rewarding football season you've ever experienced. Our goal is to develop well rounded young men and women who learn not only the fundamentals of football, but also the importance of education, in an atmosphere conducive to developing sound mind, body and character - and having a good time along the way. We practice the ideals of sportsmanship, scholarship and physical fitness. Our program stresses learning lessons such as, self-discipline, teamwork, concentration, friendship, leadership, and good sportsmanship.

We as coaches, will do our very best to ensure that each player is utilized to his utmost potential and their talents are used for the teams best advantage. The team comes before individuals.

Safety is our top concern. Many of the exercises, drill, and team rules are there to ensure your child is physically and mentally fit for football.

Each child is unique and develops at their own pace. We will exercise their bodies and minds in an effort to develop the skills needed to execute the game of football.

TRAITS OF A GOOD FOOTBALL PLAYER

Desire:

Desire is the determination to overcome an opponent, whether by delivering a solid block or by shaking off the block attempt of an opponent and going on to make the tackle. Desire is a state of mind, an abandonment of self, or form of courage and the joy of mixing it up. It is doing one's best at calling up whatever reserve power is available, and never quitting. It is playing both for oneself and for the team's interest. It is the exercise of a determined will, flowing from one's competitive spirit, that drives one to achieve his goal. Desire is available to all kids not just to a gifted few.

Confidence:

The belief that he can do what he has been asked to do. Football is a sport that builds it. The coaches yell and bark a lot, kind of like the military, but the idea is to get the kids to wake up. Most kids will get yelled at and be upset by it. Parents will be worried by and begin to feel protective. The coach is just trying to motivate the player, to toughen him up, to prepare him, and to get him excited enough to put forth the effort needed to play football.

The Love of the game:

Just happy to be part of the team. Enjoys the competition. The willingness to play any position.

TEAM RULES:

Keep up with your school work. Poor grades in school and not completing homework could result in loss of player eligibility.

If you don't practice, you don't play. All excused absences must be coordinated with the head coach. If you don't make an effort to attend practices, we as coaches are not required to play you.

What the coaches say goes. Back talking, profanity, or any form of disrespect could result in suspensions, or loss of player eligibility.

Respect other players. Remember your team mates are working with you not against you. Any unnecessary aggression or violence towards another player will not be tolerated.

Take care of your equipment. Let the coaches know if your equipment needs repair. This is the key to safety.